

*March 6, 2020*  
*Testimony Supporting: H.B. 5408*  
*An Act Concerning The Adoption Of Atlantic Standard Time.*

Dear members of the Connecticut legislature,

My name is Scott Yates. I'm the leader of the #LockTheClock movement. There is no funding behind this movement, it's just me and my blog and the hopes and dreams of millions of sleep-deprived citizens.

I've been writing about this issue for six years now, and have testified in about a dozen states, including last year in Connecticut.

Rep. Kurt Vail has been working on this issue nearly as long as me. Also like me, he didn't get very far in his efforts.

But then last year he got a public hearing, and my hope is that this year this bill -- with much broader and bipartisan support -- will even get a vote and maybe even pass.

That would mirror the trend I'm seeing around the country.

When I first started there were no states passing bills, and no federal movement at all.

Then in 2018 two things happened: California voters approved a proposition by a wide margin that would allow California's legislature to fix Daylight Saving Time. And Florida passed a bill to say that it would like to be in Permanent Daylight-Saving Time as soon as that's allowed by the feds.

Then last year another seven states passed some similar kind of bill. I think at least another 10 will pass something this year; South Carolina already has.

And the federal interest has been huge. Sen. Marco Rubio has introduced a bill that has broad bipartisan support, including this week the news that Sen. Sheldon Whitehouse from next-door in Rhode Island signed up as a cosponsor.

In short, you won't be the leaders if you approve this bill this year. If you wait another year, well, it may not matter because the decision may be made for you by the feds, and if not, you'll be following the trends as a lagging indicator.

This is your time to act. This is your time to let your constituents know that you are listening to them when they tell you how much they hate the clock changing twice a year.

The science is clear that changing the clocks is deadly. When I testified last year, I pointed out that deaths from traffic accidents go up, but I couldn't say how much. This year a study came out that figured out the number: 28 people a year die and countless more are injured because of traffic accidents caused by sleep-deprived drivers.

Heart attacks also go up. Strokes. Workplace accidents. Retail sales fall, and the stock market suffers.

The Government is in charge of the clocks.

The clocks are killing people.

It's time to Lock The Clock.

Thank you very much,

-Scott Yates

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